

# How to Use Diskus

Patient Education Guide



**Learn with** - An Interactive training - Engaging animations - Your web cam

**Good Inhaler Technique:** - Increases medicine effect - Reduces medicine cost - Reduces ER Visits

## www.use-inhalers.com

- For cleaning refer to the patient instructions that accompanies your inhaler.
- Following these step by step instructions will help you to inhale medicine effectively.



**Step1:** Check the dose counter to see the number of doses remaining.



**Step2:** Hold the inhaler properly in both the hands. Open the inhaler by using the thumb grip slide. You'll hear a click.



**Step3:** Hold the inhaler horizontally. For loading the dose, slide the lever downwards. You'll hear a click.



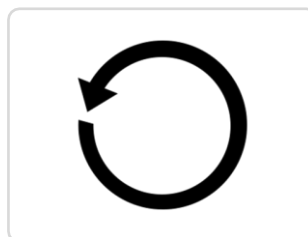
**Step4:** Exhale away from the inhaler.



**Step5:** Place the mouthpiece in your mouth. Take a quick and deep breath.



**Step6:** Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.



**Step7:** If you are using "Flovent Diskus" and have been advised to take another dose, then repeat the steps from 3 to 6, after 30 seconds. If you are using a corticosteroid medication, rinse your mouth after all doses are complete.

**Tip:** Remember to rinse your mouth thoroughly after taking your dose and spit out the water.

**Use-inhalers website is a great resource for Asthma and COPD patients. Learn how to use your Inhaler with interactive audio-visual instructions. Practice using the innovative webcam feature.**

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